

Cook Book



1929

Arranged by the Ladies' Aid
White Swan, Washington

Mrs. Earle Timine

Cook Book



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Arranged by the Ladies' Aid
White Swan, Washington

PREFACE

These recipes are the choicest ones and are in constant use by the women whose names are attached, and we feel confident will, in every case, prove satisfactory.

We desire to thank all contributors to these pages, especially those whose liberal patronage in advertising has made this venture a success. We sincerely hope our friends will patronize those who have patronized us.

LADIES AID OF WHITE SWAN

Mrs. Lester Pearne, President

Mrs. R. J. Truesdale	} Committee.
Miss Bertha Lemley	
Mrs. John A. McNees	

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CAKES AND COOKIES

Pork Cake

One lb. fat pork (chopped), 1 pint boiling water, 2 cups sugar, 1 cup syrup (corn), $\frac{1}{2}$ tsp. soda, 1 tsp. baking powder, spices, raisins or other fruit. Flour to make thick batter.

April Kent.

Ad's White Cake

$1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, $2\frac{1}{2}$ cups sifted flour, 1 cup milk, 3 level tsp. baking powder, 3 eggs or whites of 5 eggs. Flavor with vanilla.

Olive Truesdale.

Crisp Cookies

$\frac{3}{4}$ cup lard, 2 cups sugar, creamed, 2 eggs and a pinch of

salt. Beat well. $\frac{1}{2}$ cup thick sour milk, 1 level tsp. soda, $\frac{1}{2}$ tsp. nutmeg. Add about 4 cups flour or enough to handle dough only. Roll thin and sprinkle with sugar (and caraway seeds if liked.) Bake in oven at 425 degrees until slightly colored.

Mrs. Frederick.

Sponge Cake

One cup sugar, 2 tsp. vinegar, a little salt, 3 tbs. cold water, 1 cup pastry flour, 4 eggs, vanilla or orange flavor.

Beat yolks creamy, add sugar and flour, beat with egg beater. Last fold in whites of eggs. Bake 30 minutes.

Olive Truesdale.

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Upside Down Cake

Two tbs. shortening, 1 cup brown sugar, 1 cup pineapple, whole or shredded. Melt shortening in frying pan. Add brown sugar, stir until melted. Cover with pineapple (if whole slices, lay them in carefully). Pour over this a batter as follows:

One cup sugar, $1\frac{1}{2}$ cups sifted pastry flour, 2 beaten eggs, $\frac{3}{4}$ tsp. salt, one-third cup boiling water, 2 tsp. baking powder, 1 tsp. vanilla.

Sift together all dry ingredients. Add eggs. Stir in slowly, boiling water. Add vanilla and bake in moderate oven, 20-30 minutes. Turn from pan up side down so pineapple is on top. Serve with sweetened whipped cream. This dessert is delicious, made with apples, fresh or canned peaches.

Mrs. A. F. Johnson.

Date Tort

1 pkg. dates, cut fine, 1 cup boiling water, 1 tsp. soda, 1 cup sugar, 3 tbs. butter, 2 eggs, 1 1-3 cups flour, 1 tsp. baking powder, 1 cup walnuts, $\frac{1}{2}$ tsp. vanilla.

Pour boiling water over dates, cream, sugar and butter, add eggs, well beaten, mix flour and B. P.,

walnuts, cut fine, and vanilla. When dates are cool add. Bake in square layer pans one hour.

Mrs. G. P. Goggin.

Sponge Cake

Five eggs, 1 cup sugar, 1 cup flour, $\frac{1}{4}$ tsp. salt, grated rind and juice of one-half lemon. Separate yolks from whites, beat whites and then add sugar (sifted). Add beaten yolks to whites and sugar, then lemon juice and salt. Fold in carefully the flour and bake 40 minutes. Use pastry cake flour. You may put a pinch of baking powder and about $\frac{1}{4}$ tsp. cream of tartar in the flour before sifting. The flour should be sifted at least six times. Be sure to bake in agens food cake pan and when baked invert until cold. Never try to take it ou twhile warm.

Mrs. Norman Faulkner.

Apple Sauce Cake

One cup brown sugar, $\frac{1}{2}$ cup shortening, 1 cup hot apple sauce unsweetened, 1 tsp. soda, stirred in apple sauce, 1 cup raisins, 1 cup nuts, 2 cups flour, 1 tsp. each allspice, cinnamon and ginger. Bake 45 minutes.

Mrs. Geo. Johnson.

Layer Fruit Cake

One cup sugar, $\frac{1}{2}$ cup butter, yolks of 3 eggs and 1 whole egg, 1 tsp. vanilla, $\frac{1}{2}$ tsp. cloves, 1 tsp. cinnamon, $2\frac{1}{2}$ cups flour, 1 cup hot water. Put hot water and flour in first, adding a little of each until all is mixed, 1 tsp. soda, 1 lb. raisins, $\frac{1}{2}$ lb. figs. Put figs and raisins in chopping bowl, pour boiling water on them. Let soak two minutes, pour off and chop fine, then take one cup out for filling. Bake in layers.

Filling—1 cup sugar and 5 tbs. water, boil until it threads, beat the whites of 3 eggs and pour syrup over them, beating all the time, then add cup of chopped fruit. Nuts may be added if desired.

Mrs. Norman Faulkner.

Icing

Boiled icing— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup water, 2 egg whites, 1 tbs. karo. Mix the sugar and water well and wipe down the sides before the pan goes on the stove. Add the karo. Beat the egg whites very stiff and add 5 tbs. syrup as soon as it comes to a boil. Make this addition 5 times while beating the eggs constantly. Let the remainder of the syrup boil until it

spins a thread 4 inches long. Add the syrup to the whites and beat 15 minutes.

Uncooked icing—2 lbs. powdered sugar, 2 egg yolks, $\frac{1}{2}$ cup cream, 4 squares of bitter chocolate, 1 tsp. vanilla, hot water enough to spread, possibly $\frac{1}{4}$ cup hot water. Heat but do not boil the cream. Beat the yolks and add them to the warm cream. Add the sugar, the melted chocolate, vanilla and enough hot water to spread, also a pinch of salt. Delicious and enough to spread three large layers.

Mrs. Maude Hale.

Marble Cake

One cup sugar, $\frac{1}{2}$ cup butter. Cream together, divide in two parts, one for dark, the other for light.

Dark Part

One-fourth cup molasses, $\frac{1}{2}$ cup milk, 1 cup flour, yolks of two eggs, 1 tsp. baking powder, $\frac{1}{2}$ tsp. cloves, $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{4}$ tsp. cinnamon.

Light Part

One-half cup milk, 1 cup flour, 1 tsp. baking powder, whites of two eggs beaten stiff. Bake in loaf. Put in light and then dark by spoonfuls.

Mrs. T. P. Robbins.

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Honey Cookies

Three eggs well beaten, 1 cup honey, one and one-third cups flour, 1 tsp. vanilla, 1 cup chopped nuts, 1 lb. chopped dates, 1 tsp. baking powder, $\frac{1}{2}$ tsp. salt.

Mix honey and well-beaten eggs together. Add baking powder and flour, sifted together, then chopped nuts and dates. Bake in long flat tin, mixture should be $\frac{1}{4}$ inch high in pan and $\frac{1}{2}$ inch after baked. Cut into strips $\frac{1}{2}$ inch after baked. Cut into strips $\frac{1}{2}$ inch wide and 3 inches long, and roll in powdered sugar before serving. Pack away in crock.

Mrs. Margaret Lawson.

Chocolate Cake

2 cups sugar, $\frac{3}{4}$ cup butter, $\frac{1}{2}$ cup of either grated chocolate or cocoa, one-third cup hot water, 1 cup milk, $2\frac{1}{2}$ cups flour, $2\frac{1}{2}$ tsp. baking powder, 4 eggs. Cream the butter and sugar thoroughly. Dissolve the chocolate in the hot water. Beat the eggs separately and add the yolks and chocolate to the creamed mixture. Blend thoroughly and add the sifted flour and baking powder alternately with the milk. Fold in the beaten whites, spread the batter in two large cake

pans lined with oiled paper. Bake slowly. Put together with white icing.

Mrs. Roy Knowles.

Klondike Cake

One and one-third cups whites of eggs, nine egg yolks, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup cold water, 1 tsp. cream of tartar, 1 tsp. vanilla, 1 cup cake flour sifted five times, or substitute 1 tbs. cornstarch with any flour enough to make 1 cup, sift 5 times. Beat whites and yolks separately. Boil sugar and water until it spins a thread, then pour slowly on stiffly beaten whites, continue beating for 15 minutes or until cold. Add sifted flour and cream of tartar. Add vanilla and yolks. Blend well and bake slowly in tube pan as angel cake about 50 minutes.

Mrs. A. A. Callender.

Filled Cookies

One cup sugar, $\frac{1}{2}$ cup shortening, $\frac{1}{2}$ cup milk, 1 egg, 3 tsp. baking powder, flour.

Filling— $\frac{3}{4}$ cup sugar, 1 tbs. flour, 1 cup boiling water, 1 cup chopped raisins. Cook until thick and put between cookies.

Olive Truesdale.

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Emergency Cake

1 2-3 cups sifted flour, 1 cup sugar, 2 tsp. baking powder, 2 egg whites, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ tsp. nutmeg, soft butter. Sift together flour, sugar and baking powder, put egg whites in measuring cups, add enough butter to make half cup, fill with milk, turn into dry ingredients, add flavor and beat vigorously 7 minutes. Makes two layers.

Mrs. Harry Miller.

Frosting

2 egg whites, $1\frac{1}{2}$ cups sugar, 5 tbs. cold water, $\frac{1}{4}$ tsp. cream tartar, 1 tsp. vanilla. Put egg whites and sugar, water and cream tartar in double boiler, beat with rotary egg beater until thoroughly mixed. Place over boiling water, beat consistently and cook 7 minutes or until frosting will stand in peaks. Remove from fire, add vanilla and beat until thick enough to spread.

Mrs. Harry Miller.

Sponge Cake

(Using Egg Yolks Only)

Six egg yolks, 1 cup sugar, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ tsp. salt, 2 tsps. baking powder, $1\frac{1}{2}$ cups cake flour, 1 tsp. lemon extract.

Beat egg yolks until light with a Dover egg beater, add sugar gradually, then hot water, beating meanwhile. Add flour sifted with baking powder and salt, and beat thoroughly. Bake in a moderate oven (325 to 350 degrees) about 25 minutes. Put together with cream filling.

Mrs. Ray Freeland.

Devil's Food

One-half cup butter or substitute, 2 cups light brown sugar, 2 eggs, beat eggs separately (whites from yolks), $2\frac{1}{4}$ cups sifted cake flour, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ cup milk (sour), $\frac{1}{2}$ cup boiling water, 1 tsp. soda, $1\frac{1}{2}$ squares (melted) chocolate or $\frac{1}{2}$ cup cocoa, 1 tsp. baking powder, 1 tsp. vanilla.

Mrs. F. A. Hunt.

White Layer Cake

One-half cup lard, $\frac{1}{2}$ tsp. salt, 1 cup sugar, 2 tsp. baking powder, $\frac{1}{2}$ cup milk, 4 egg whites, $1\frac{1}{2}$ cups flour "sifted."

Mix lard and sugar, then add egg whites. Stir until grainy. Add milk and flour. Mix thoroughly. Makes 2 layers, use any icing preferred.

Mrs. Geo. T. Smith.

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Angel Food Cake

11 egg whites, $\frac{1}{4}$ tsp. salt, $1\frac{1}{2}$ cups granulated sugar, 1 tsp. cream of tartar, 1 cup pastry flour, 1 tsp. lemon extract.

Sift flour and sugar separately about five times. Put the salt with white of eggs and heat when half whites of eggs and beat. When half beaten, sift in the cream tartar. Beat until stiff. Add sugar very slowly, beating continuously. Fold in flour and add flavoring. Bake in a slow oven for about 1 hour. For the first 45 minutes, oven warm, the last 15, a little more heat, added to brown cake.

Elizabeth Camp.

Shadow Cake

Two cups brown sugar, $\frac{1}{2}$ cup butter, 2 eggs beaten separately, 5 tbs. cocoa in $\frac{1}{2}$ cup boiling water, 1 tsp. cinnamon, 2 cups flour, $\frac{1}{2}$ cup sour milk, 1 level tsp soda.

Mrs. Mary Hale.

Chocolate Layer Cake

Two cups flour, 1-3 cup butter, 2-3 cup milk, $1\frac{1}{2}$ cups sugar, 4 eggs, 1-8 tsp. salt, 3 tsp. baking powder, 1 tsp. vanilla, 5 tbs. hot water, 2 oz. unsweetened chocolate. Dissolve chocolate in boiling water.

Cool. Cream butter add sugar gradually, add chocolate, beat yolks, add to sugar and butter, add liquid and dry ingredients alternately, add vanilla, beat the white of eggs stiff, cut carefully into mixture, cook in 2 layers 30 to 35 minutes.

Mrs. Harry Miller.

Frozen Cookies

Two large cups brown sugar, two-thirds cup of butter (cream with sugar), $\frac{1}{2}$ tsp. salt, 3 eggs, beaten light, 4 cups flour, sifted before measuring, 1 tsp. soda, 2 tsp. cream of tartar, vanilla, 2 cups nuts.

Mix in order given. Mold into rolls and wrap in waxed paper. Let them stand in cold place over night. Slice off and bake in the morning.

Thelma Sprenger Tinius.

Satan Cake

One-third cup cocoa, $\frac{1}{2}$ tsp. soda, pour over this $\frac{1}{2}$ cup boiling water and let stand while mixing cake.

Two cups sugar, $\frac{1}{2}$ cup butter, 1 cup sour milk, 2 cups flour, 2 eggs, $\frac{1}{2}$ tsp. soda. Combine mixtures.

Bertha Lemley.

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Apple Sauce Cake

One and one half cups hot apple sauce, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 tsp. soda, 1 tsp. each cinnamon, allspice and cloves, 1 cup seeded raisins. Stir all together, then add 2 cups sifted flour with 1 tsp. baking powder and 2 well beaten eggs, omitting white of one which may be used for frosting. Bake in shallow pan.

Mrs. A. A. Callender.

Oat Meal Cookies

One scant cup of shortening, creamed with 1 cup sugar, 2 eggs, 8 tbs. sweet milk, 2 cups rolled oats, 2 cups flour, 1 tsp. soda, cinnamon, salt.

Mrs. Ellen Whitford.

Nut Cake

Three-fourth cup butter, $1\frac{1}{2}$ cups sugar, 3 cups of pastry flour, 1 cup luke warm water, 4 egg whites, 3 tsp. baking powder, $\frac{1}{2}$ tsp. almond extract, $\frac{1}{2}$ cup walnut meats.

Mrs. Chloe Pearne.

Ginger Bread

One level teaspoon soda dissolved in $\frac{1}{2}$ cup N. O. molasses and $\frac{1}{2}$ cup boiling water. Add three-eighths cup shortening, three-eighths cup

sugar (brown), 1 beaten egg, $1\frac{1}{2}$ cups sifted flour, $\frac{1}{2}$ tsp. each ginger, cloves and cinnamon. Bake in shallow pan. Serve with whipped cream.

Mrs. A. A. Callender.

Jam Cake

Butter size of an egg, 1 cup of any kind of jam, $\frac{1}{2}$ cup sour milk, $\frac{1}{4}$ cup water, 3 eggs, saving white of 1 for frosting, 2 cups flour, 1 tsp. soda, mix in sour milk, cinnamon and nutmeg, add chopped walnuts if desired, bake in 3 layers.

Mrs. Ray Freeland.

Mrs. Tinnell's Doughnuts

One cup sugar, 5 tps. full melted butter, 1 cup milk, 3 tsp. baking powder, 2 eggs, cinnamon and ginger.

Olive Truesdale.

Never Fail Cake

The whites of two eggs in a Cake Flour", whites of 2 eggs in measuring cup, fill to one-half with melted butter, then fill to top with sweet milk, $1\frac{1}{2}$ cups of flour, 1 heaping tsp. baking powder, 1 cup sugar, 1 tsp. vanilla, a bit of salt. Beat 5 minutes.

Mrs. Ellen Whitford.

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Fig Cookies

One scant cup shortening, 1 cup sugar, 2 eggs, vanilla flavoring, 2 tbs. milk, $\frac{1}{2}$ tsp. cream of tartar and 1 tsp. soda dissolved in tbs. hot water. Flour enough to make stiff dough.

Filling—1 pkg. figs put through the food chopper, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water. Cook together and then add $\frac{1}{2}$ cupful chopped walnuts. After rolling out cookies cut with an oblong cutter, spread half with filling and fold over other half.

Mrs. Ray Freeland.

Mr. Morse's "Prosser Cookies"

One cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour cream, 2 eggs, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ tsp. soda, 2 tsp. baking powder, vanilla.

Olive Truesdale.

Doughnuts

$1\frac{1}{2}$ cups sugar, $\frac{3}{4}$ cup sour milk, $\frac{3}{4}$ tsp. soda, 2 eggs, 3 dessert spoons melted lard, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. ginger, $\frac{1}{2}$ nut meg, grated. Roll as soft as can be handled.

Mame Frederick

White Layer Cake

One-half cup butter or substitute, 1 cup sugar, 2 cups cake flour, 3

level tsps. baking powder, 3 egg whites, two-thirds cup milk, 1 tsp. flavoring.

Mrs. Ray Freeland.

Grandmother's Ginger Cookies

1 cup molasses, 1 cup sugar, $\frac{3}{4}$ cup shortening, ginger and cinnamon. Let this come to a boil and then cool. Add 1 cup boiling water and 1 tsp. soda and enough flour to knead. Roll out, cut with cookie cutter and bake in moderate oven.

Virginia Jolley.

Whipped Cream Cake

$1\frac{1}{2}$ cups flour, 2 tsps. baking powder, 1 cup sugar, 5 tbs. melted butter. Break 2 eggs in a cup, fill cup up with milk and 1 tsp. vanilla. Beat all well together. Bake in sheet and when cool spread generously with whipped sweetened cream.

Mrs. Frederick.

Raspberry Cake Filling

Whip 1 cup cream and white of 1 egg to stiff froth separately. Put together and stir in one-third cup of powdered sugar, just before spreading on cake. Stir in $\frac{1}{2}$ cup crushed raspberries or strawberries.

Mrs. Earl Moses.

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Egyptian Cake

Two oz. chocolate, 4 eggs, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups sugar, 1 heaping tsp. baking powder, $1\frac{3}{4}$ cups flour, 1 tsp. vanilla. Dissolve the chocolate in 5 tbs. boiling water. Beat the butter to a cream. Add gradually the sugar, add beaten yolks of eggs and stir again, add the milk, then the melted chocolate and flour and give the whole a vigorous beating. Now beat the whites of eggs to a stiff froth, fold into the mixture lightly. Bake in layers.

Mrs. Lettie Hale.

Angel Food Pudding

Two eggs, 1 cup powdered sugar, 1 tbs. flour, 1 tsp. baking powder, 1 cup broken walnut meats, 1 cup dates. Beat thoroughly eggs, sugar, flour and baking powder, add nuts and dates. Pour into baking dish. Set dish in pan of boiling water and bake half an hour. Let cool still standing in water. Chill and serve with whipped cream.

Mrs. Earl Moses.

Molasses Cake

One-half cup butter or lard creamed with $\frac{1}{2}$ cup molasses, 2 eggs well beaten, 1 tsp. each gin-

ger and cinnamon, $\frac{1}{2}$ tsp. cloves, $\frac{1}{2}$ tsp. salt, 1 cup sour milk, 2 cups flour, 1 tsp. soda, sifted with flour.

Mrs. Mabel Camp.

Doughnuts

Two cups sugar, 2 eggs, 2 cups sour milk, 1 tsp. salt, 3 large stirring spoons melted lard, 1 tsp. baking powder, nutmeg, flour enough to mix well. Roll out on board. Cut and fry in hot lard.

Mrs. Mabel Camp.

Mocha Frosting

Cream $\frac{3}{4}$ cup butter, gradually beat in about 3 cups confectioners sugar, then strong coffee, a few drops at a time, to tint the flavor as desired.

Mrs. Ray Freeland.

Mrs. Fairbank's Butter Cookies

One cup granulated sugar, $\frac{3}{4}$ cup butter. Cream the butter and sugar. 1 tbs. sweet cream, 2 eggs, $\frac{1}{2}$ tsp. vanilla, 2 tps. baking powder, 2 cups flour measured before sifting. Chill in ice box over night before rolling out. Cut and sprinkle with sugar before baking. If desired, add a nut meat to top of each cookie.

Maude Hale.

Photographs

of the Kiddies may not seem of great importance today. But it will be a priceless possession in days to come.

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Overnight Fruit Cookies

One lb. oleomargarine, 1 cup white sugar, 1 cup brown sugar, 3 eggs, 1 tsp. soda in a little water, 2 tsps. vanilla, 5 $\frac{1}{2}$ cups flour, 2-3 cup each raisins and chopped nuts. Mix all together as you would bread, shape into loaf and let stand overnight or in ice box in the morning. Slice thin and bake in hot oven. This makes from 60 to 72 cookies.

Esther Mann.

Hot Ginger Bread

One cup brown sugar, $\frac{1}{2}$ cup shortening, 2 eggs, $\frac{1}{2}$ cup dark molasses, 1 tsp. ginger, 2 cups hot water, 2 level tsps. soda, dissolved in hot water. Mix in order. Make a thin batter but do not add more flour. Bake slowly in a moderate oven. Serve hot with whipped cream.

Mrs. Fred Robbins.

Peanut Cookies

Two tbs. fat, 1 cup sugar, 2 eggs well beaten, 2 cups flour, 2 tsps. baking powder, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ cup milk, 1 cup chopped pea-

nuts, $\frac{1}{2}$ tsp. lemon juice. Cream the fat and sugar, add well beaten egg. Mix and sift baking powder, salt and flour, add to first mixture. Add milk, peanuts and lemon juice. Drop from tip of a spoon on greased pan 1 inch apart. Place $\frac{1}{2}$ peanut on top of each. Bake 12 to 15 minutes in a slow oven.

Mrs. Mabel Hartley.

Dark Fruit Cake

One lb. seeded raisins, 1 lb. seeded currants, $\frac{1}{2}$ lb. citron, 1 cup pecans, $\frac{1}{2}$ lb. blanched almonds.

Dough— $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter, 2 or 3 cups flour, 1 cup dark molasses, $\frac{1}{2}$ cup water or fruit juice, 5 eggs beaten separately, 1 tbs. cinnamon, $\frac{1}{2}$ tbs. cloves, allspice and nutmeg, 4 tsps. baking powder. Wash or dry fruit, dredge with flour. Mix well, bake 2 hours.

Mrs. Geo. T. Smith.

Sponge Cake

Beat 3 eggs separately light, add to the yolks little at a time, 1 cup sugar, 2 tbs. water, 1 cup flour sifted with 1 tsp. baking powder. Bake in loaf or layer.

Mrs. Geo. T. Smith.

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This recipe is old and tried
And never hard to make,
So use it friend for
Sunshine takes the cake.

Mary O. Lewis.

Ginger Bread

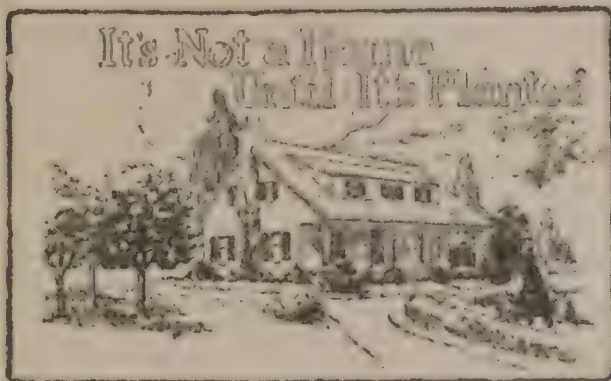
One cup sugar, 2 tbsl. molasses,
4 tbsl. melted butter, 1 egg, 1 cup
sour milk, 1 tsp. salt, 1 dessert
spoon cinnamon, 1 tsp. mixed spi-
ces, 1 tsp. ginger, 1 tsp. soda, 2
cups flour.

Mix sugar, molasses, butter and
spices, add egg well beaten and sour
milk. Sift soda with flour, then
sift into mixture and bake 40 min-
utes.

Mrs. Glenn Vaughn,
Pritchard, Idaho.

Angel Pudding

One-half cup butter, 1 cup sugar,
 $\frac{1}{2}$ cup milk, 3 tsps. baking pow-
der, $2\frac{1}{2}$ cups flour, $\frac{1}{8}$ tsp. salt,
 $\frac{1}{2}$ tsp. almond extract, 4 egg



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whites. Cream the shortening and sugar together until well blended, add the milk alternately with the flour, baking powder and salt sifted together, beat the egg whites until stiff and fold into the first mixture, add the extract, butter molds, turn in the mixture, three-quarters full, cover tightly and steam for two hours. Serve with a hot strawberry sauce.

Mrs. Roy Knowles.

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PIES AND PUDDINGS

CARROTS INGREDIENT OF HEARTY PUDDING

Mix together 1 cup each of ground suet, grated carrots, raisins, currants, brown sugar and flour, 1 tsp. of baking soda and a pinch of salt. Pour into greased mold and steam for 3 hours. Make your sauce by mixing 2 tbs. of corn-starch with 1 cup of sugar, $\frac{1}{2}$ tsp. nutmeg, a pinch of salt, butter size of walnut, 2 tbs. vinegar, 4 cups of boiling water and just before taking up the sauce add a tablespoon of vanilla.

Carrot Pudding

One cup raisins, 1 cup currants, 1 cup sugar, 1 cup suet, 2 cups grated carrots, put through meat grinder. Then sift together 1 cup flour, 1 tsp. baking powder, 1 tsp. cinnamon, 1 tsp. nutmeg, $\frac{1}{2}$ tsp. cloves.

Mix first ingredients well before adding dry materials. Then mix all together, put in steamer or mould and steam $3\frac{1}{2}$ to 4 hours. Serve with a hard sauce.

Mrs. Maude Hale.

Lemon Pie

Three eggs, save whites of 2 for meringue, 1 cup sugar, 1 dessert spoon of corn starch and 2 of flour, juice and grated rind of 1 lemon, 1 cup boiling water.

Cream eggs and sugar, corn-starch and flour stirred into the sugar. Add juice and rind of lemon and water last. Cook in double boiler until clear. Fill crusts ready baked. Cover with meringue and brown slightly.

Mrs. Glen Vaughn,
Pritchard, Idaho.

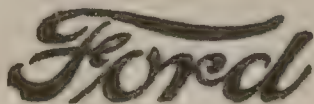
Lemon Pie

$1\frac{1}{2}$ cups sugar, 3 tbs. flour, pinch salt, 2 lemons, 3 eggs, tbs. butter, 2 cups boiling water. Place boiling water on stove, add grated rind of lemons and let boil, mix sugar and flour and salt thoroughly and stir into boiling water (if lumpy, beat with egg beater.) Mix egg yolks and lemon juice and add when thick and clear. Add butter, pour into previously baked pie shell. Beat egg whites, add tbs. sugar, cover pie and brown.

Mrs. Frank Tuttle.

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SALES AND SERVICE

Wapato, Wash.

Rich Pumpkin Pie

One pint pumpkin or squash, $\frac{1}{2}$ cupful butter, 3 eggs, $\frac{1}{4}$ tsp. salt, 1 tsp. lemon extract, 1 tsp. cornstarch, 1 cup milk, 1 cup cream, 1 cup sugar, 1 tsp. ginger, 1 tsp. nutmeg, 1 tsp. cinnamon.

Pare a pumpkin, remove all seeds and stringy inside. Cut into strips or cubes and boil or steam until perfectly tender. Pass through a sieve, add other ingredients. Beat the yolks and whites of eggs separately. Blend the cornstarch into the yolks of the eggs and add to other ingredients. Beat up the whites and fold in. Line deep pie tins with thin pastry, pour in the pumpkin mixture and bake a golden brown. Serve with whipped cream. This amount makes two pies.

Mrs. Anna Sprenger.

Sliced Apple Pie

Pastry 1 heaping cup of shortening, 3 level cups of flour, add the salt and rub in the shortening, use enough cold water to hold all together (but not wet). Handle as little as possible. Roll pastry from you. One third the quantity is enough for one pie.

Line a pie plate with pastry and fill with sliced tart apples, sprinkle

with a scant cup of sugar and a little grated nutmeg, add a tsp. butter. Cover with pastry with openings cut for escape of steam. Wet edges of under crust before putting on the upper and then pinch the edges together.

Mrs. George Johnson.

English Plum Pudding

Two lbs. currants, 2 lbs. raisins, 1 lb. suet, 2 cups sugar, $2\frac{1}{2}$ cups flour, 1 tsp. allspice, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. nutmeg, 10 eggs

Do not beat eggs but drop them in two at a time and stir thoroughly. Steam 5 or 6 hours.

Mrs. Leroy Spencer.

Butterscotch Pie

One cup brown sugar, 2 tablespoons granulated sugar, 3 tablespoons butter, $1\frac{1}{2}$ cups boiling water, $\frac{1}{4}$ tsp. salt, $\frac{1}{4}$ cup cornstarch, $\frac{1}{4}$ cup cold water, 3 egg yolks. Melt butter in heavy frying pan, add sugar and cook it until it is rich brown, add boiling water, let boil, add cornstarch, stirred in cold water. When thickened and cooked 15 minutes add yolks and granulated sugar.

Mrs. F. A. Hunt.

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Chess Pies

One cup sugar, $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup chopped walnuts, $\frac{3}{4}$ cup chopped raisins, yolks of 3 eggs well beaten. Mix all together. Line patty pans with pie crust, fill with mixture and bake in moderate oven. Have ready a meringue of egg whites and two tbs. of sugar. When pies are baked put 1 tsp. meringue on top of each and brown.

Mrs. Mildred Temperly.

Chocolate Cream Pie

Two tbs. chocolate, 1 tbs. flour, 1 tbs. butter, 1 cup sugar, 1 cup cold water, 2 eggs, well beaten, 1 tbs. vanilla. Cook all in double boiler.

Mae Jones.

Peach Custard Pie

Make a rich biscuit dough. Roll to fit a square pan, prick and cover with halves of canned peaches. Pour over this mixture, beaten well, 4 cups of milk, 2 eggs, $\frac{3}{4}$ cup sugar, nutmeg or vanilla to flavor. Bake 20 to 25 minutes in quick oven.

Mrs. A. F. Johnson.

Mince Meat

One lb. suet, 3 lbs. meat, 1 peck apples, 2 lbs. raisins, 1 lb. currants,

3 lbs. sugar, 1 qt. molasses, 1 qt. cider or vinegar (mild), 1 nut meg, 1 tbs. cloves, 2 tbs. cinnamon, 1 pint meat jelly, $\frac{1}{4}$ lb. citron and orange peel, apple jelly or preserve to taste, 1 tbs. salt or more to taste. Put through grinder and cook 40 minutes.—Maude Hale.

Sour Cream Pie

One cup sour cream, 1 cup raisins, $\frac{1}{2}$ cup sugar, 1 egg, 1 tsp. cinnamon, cloves and allspice. Bake with two crusts.

Mrs. A. Morefield.

Dependable Pie Crust

2 cups flour, 1 cup shortening, $\frac{1}{2}$ cup water, 1 tsp. salt. Shortening and water must be very cold to be successful. —Mrs. Frank Tuttle.

Pineapple Pie

Cook in double boiler the following custard: Three eggs (less the whites), $\frac{3}{4}$ cup sugar, 2 tbs. flour, pinch of salt, butter size of walnut, 2 cups milk. When cool add 1 cup pineapple diced and well drained and extract to suit the taste. Use whites of eggs for meringue. Brown in oven but do not heat through. Crust should be baked and allowed to cool.

Mrs. Frederick.

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Mrs. Florance Buckner
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Pumpkin Pie

Five cups of pumpkin, $2\frac{1}{2}$ cups sugar, 4 eggs well beaten, 1 spoon of cinnamon, 1 spoon ginger, $\frac{1}{2}$ spoon salt, 1 spoon cornstarch, 1 spoon baking powder, milk to mix thin, about 5 cups.

Mrs. Mary Lewis.

Mince Meat

Two lbs. currants, $\frac{3}{4}$ cup citron, 2 cups raisins, 2 cups peeled and cored apples, 1 qt. stoned tart cherries, 2 lbs. beef, 1 lb. suet, 1 tbs. cinnamon, 1 tbs. nutmeg, 1 tbs. each cloves, mace and allspice, 2 or 3 qts. sweet cider or any fruit juice; bring to boil and seal in jars.

Mrs. Lester Pearne.

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SALADS AND RELISHES

Maraschino Cherries

Four and one-half pounds cherries (Royal Annes) $4\frac{1}{2}$ lbs. sugar. Pit cherries, add sugar, boil until thick. Then add one-half small bottle of almond flavoring and one-half small bottle of vegetable coloring. Seal in small jars. Makes 2 quarts.

Mrs. A. Morefield.

Favorite Salad Dressing

Into a mixing bowl put yolks of 2 eggs, 1 generous tsp. salt, 1 tsp. mustard, $\frac{1}{8}$ tsp. red pepper, 2 tbs. lemon juice, 2 tsp. vinegar. On this pour 1 cup oil, do not stir. Have ready a sauce made of 1 cup water, 1 tbs. butter, 1-3 cup flour, cooked in double boiler for about 10 minutes. Turn hot sauce into bowl with other ingredients and beat with egg beater.

Mrs. A. Morefield.

Fruit Salad Dressing

Three-fourths cup pineapple juice, 1 rounded tbs. flour, juice of 1 lemon, 4 tbs. sugar, 3 eggs, pinch of salt. Mix and cook until creamy, stirring constantly.

Margaret Frederick.

Pineapple Bliss

One-half pound marshmallows, 2 cups grated pineapple and juice, $\frac{1}{2}$ cup whipped cream, 1 tbs. powdered sugar, pinch of salt. Cut marshmallows in quarters, add to fruit and juice, add to sweetened whipped cream, place on ice, let stand 1 hour before serving.

Mrs. LeRoy Spencer.

Irene Cole's Mayonaise "Cooked"

First part—2 egg yolks, 2 tbs. vinegar, 2 tbs. lemon juice, 1 cup oil.

Second part—One-third cup flour, 1 cup cold water, 1 tsp. salt, 1 tsp. mustard. Cook second part 10 minutes and add to first part beating all the time.

Olive Truesdale.

Tuna Fish Salad

Shred tuna fish which has been placed in a bowl on ice. Add finely chopped celery and sweet green pickles. Also walnut meats if desired. Mix with mayonnaise and serve on lettuce leaves with sliced hard boiled eggs.

Mrs. H. D. Hale.

BLUE BIRD BREAD

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Tomato Cheese Special Salad

Scald and peel medium-sized tomatoes and cut in thick slices. Season cottage cheese with salt and pepper (paprika), and lightly mix in chopped nuts and minced green pepper. Place the tomato on a bed of lettuce and cover with a tbls. of the cheese mixture. Over this place another slice of tomato and garnish with more cheese and mayonnaise. Finish off the salad by arranging four cooked asparagus tips upright against the sides of the tomato.

Mrs. J. D. Banes.

Molded Cheese and Pineapple Salad

Two pkgs. lemon gelatin, 1 small can (about 1 cup) of crushed pineapple, 2 cups (1 pound) of cottage cheese. Drain the juice from the pineapple and add enough water to make 1 cupful of liquid. Bring to boil and with this mix 1 pkg. of gelatin. When dissolved, add the drained pineapple and the cheese. Mold in a square pan to the depth of 1 inch. Let cool. This may be done by setting the pan in a bed of crushed ice or a large pan of ice water. When set, dissolve the other package of gelatin in 2 cups of boiling water, tint it with vege-

table coloring if desired, and pour over the first to form a second layer. Chill and cut in any desired shapes to serve on lettuce leaves as individual salads.

Mrs. J. D. Banes.

Butterfly Salad

Split a banana lengthwise, cut in half, and place one of these pieces on a lettuce leaf. Cut a slice of pineapple in half, trimming out the center slightly so as to make a deeper curve, and place one of these half slices on each side of the banana piece, having the outside edges of the pineapple half next the banana. Peel a grapefruit and cut therefrom a thin slice crosswise. Cut the slice in half and trim out the center where the seeds grow, with a knife, making a curve, and place these grapefruit slices on top of the pineapple. Over this place slices of orange prepared like the grapefruit. Garnish the orange slices with finely minced or grated pistachio nuts and pomegranite seeds. From a peeled banana take with a small scoop a round piece for a head, and the antennae may be made from tiny slivers of green pepper.

Mrs. J. D. Banes.

Toppenish Trading Co.

The Pioneer Store

DRY GOODS—CLOTHING—SHOES

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Mint Sauce

Wash the mint and strip the leaves from the stem, patting them between clean cloths. Chop very fine, then measure. For each tbs. mint, add 2 tbs. honey, mix well, put in glass, cover and let it stand in the sunshine for several hours. The honey draws out the flavor of the mint. Then add $\frac{1}{2}$ cup of lemon juice.

Mrs. J. D. Banes.

Orange and Mint Salad

Remove pulp from two large oranges by cutting in half crosswise and using a spoon, rejecting membrane and seeds. Add a tbs. of finely chopped mint, a tbs. of honey and a tsp. of lemon juice. Serve in sherbet glasses and garnish each with a sprig of mint.

Mrs. J. D. Banes.

French Dressing

Mix 1 tsp. lemon juice, 4 tbs. oil, $\frac{1}{4}$ tsp. honey, $\frac{1}{4}$ tsp. salt, $\frac{1}{4}$ tsp. paprika. Mix $1\frac{1}{4}$ tbs. of oil with the dry ingredients, stir well and add the lemon juice. As the dressing thickens through stirring, add the rest of the oil and a little garlic for flavor if you like.

Mrs. J. D. Banes.

Cold Slaw Salad

Slice raw cabbage fine. To soften, add lemon juice and allow it to stand at least 1 hour before serving. Add onions, chopped celery and boiled cold carrots or cooked green peas. Add mayonnaise or French dressing to taste.

Beet Relish

One qt. cabbage, 1 tbs. salt, 1 qt. beets 1 tsp. pepper, 2 cups sugar; $\frac{1}{4}$ tsp. red pepper, 1 cup horseradish. Mix and cover with cold vinegar. Keep from air.

Mrs. Harry Miller.

Tuna Salad

Boil 1 pkg. macaroni (broken in pieces) in salt water until tender and drain and chill. When cold, add 1 small can tuna fish, broken, 1 dozen ripe olives and add salad dressing to taste.

Margaret Frederick.

Fruit Salad Dressing

Juice of 1 lemon, juice of 1 orange and grated rind, 2-3 cup sugar, 2 tbs. corn starch, 1 cup boiling water. Cook till thick, then add lemon and orange. When cold add whipped cream.

Mrs. A. Morefield.

The Delta

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Toppenish, Wash.

Heavenly Hash

1 cup cut pineapple, 1 dozen marshmallows, cut in quarters, $\frac{1}{2}$ cup walnut meats, cut fine, 1 cup maraschino cherries, 1 cup strawberries, 1 cup whipped cream. Place mixture on ice until ready to serve, then mix with the whipped cream. This serves eight people.

Mrs. LeRoy Spencer.

Indian Relish

24 good-sized green tomatoes, 4 green peppers, 4 red peppers, 8 large onions, 4 t. salt, 4 t. mustard seed, 2 t. celery seed, 3 cups sugar, 2 cups vinegar, enough chili powder to give hot flavor.

Chop tomatoes, onions, peppers; add other ingredients; boil until tender; seal hot (if dry relish is preferred, pour off some of juice.)

Mrs. (H. C.) April Kent.

Green Tomato Pickles

One peck green tomatoes, 1 bunch celery, 12 medium onions, three-fourth cup salt, 2 heads cauliflower, 2 qts. vinegar, 3 green peppers, 2 qts. sugar, two-thirds cup whole spices.

Slice green tomatoes and onions, separate cauliflower in small pieces, chop green peppers, dice celery.

Place all in kettle, sprinkle each layer with salt, let stand overnight. In morning, drain, add 1 qt. vinegar, 2 qts. water; boil 15 minutes. Drain again. Make a syrup by boiling together for 15 minutes the other qt. of vinegar, the sugar and and spices tied in a bag. Add pickles, bring to a boil, can while hot.

April Kent.

Mustard Pickles

Wash and pack cucumbers in stone jar. For a 3-gallon jar add 1 gallon of cold (not too strong) vinegar, 2 cups dark brown sugar, 1 cup salt, 1 cup grated horse-radish, 1 cup ground mustard, 1 cup mixed spices. Keep at about 75 degrees temperature until fermentation is complete. Remove scum and cover with parafin.

April Kent.

Sweet Mustard Pickles

2 cups sugar, 1 cup salt, 1 cup mustard, 1 gallon vinegar.

Fill quart jar with small clean cucumbers. Mix above ingredients and fill jar with liquid. A tablespoon of mixed spices added to each jar makes a very delightful pickle.

Mrs. Anna Sprenger.

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Mustard Pickles No. 1

4 qts. small cucumbers, 3 large cucumbers, cut fine, 1 qt. green tomatoes, cut in slices, four small onions, cut fine, 1 Cauliflower, 4 green peppers, separated, 1 gallon of boiling water to which add 1 pt. salt. Cover and let stand over night.

Bring to boiling point next day, let simmer until vegetables are tender, then strain off juice.

Mix 1 cup flour, 1 cup sugar, 6 t. mustard, 1 t. turmeric, 2 t. celery seed, stir in enough vinegar to make a paste. Stir into 2 qts. of boiling vinegar. Add the drained vegetables. Bring to boiling point, let boil 15 minutes. (seal.)

Ripe Tomato Sauce

1 doz. ripe tomatoes, 6 red peppers, 6 medium onions, 2 cups vinegar, $\frac{3}{4}$ cup sugar, 2 tbs. salt, one-third tsp. red pepper.

Remove seeds from peppers, chop onions and peppers fine, add vinegar, sugar and salt. Cook until soft. Seal.

Maude Hale

Uncooked Chili Sauce

One peck ripe tomatoes, chop and drain well, 10 large onions, 6 red

sweet peppers, 4 bunches celery, all chopped rather fine. Add scant half cup salt, $\frac{3}{4}$ cup horseradish (evaporated) will do, one-half cup yellow mustard seed, one and one-half cups sugar, one teaspoon black pepper, one quart strong vinegar. Mix together and seal in jars.

Mrs. A. A. Calender.

Mrs. Hunt's India Relish

1 pk. green tomatoes, 12 swt. red peppers, 12 large onions, 2 oz. mustard seed, 3 lbs. sugar, 3 pints cider vinegar.

Chop tomatoes and drain. Add 4 handfuls of salt and cover with boiling water and let stand half hour. Drain and add to chopped onions and peppers. Heat vinegar, sugar and seed and pour over and boil 5 minutes. Seal hot.

Dill Pickles

Take medium sized cucumbers, wash, fill quart jars, put in half cup vinegar, 1 tbs. sugar, $1\frac{1}{2}$ tbs. salt, 1 tsp. pickling spices, a few grape leaves, as much dill as desired. Fill rest of jar with cold water and seal. In place of the pickling spices a few red peppers may be added to each jar.

Mrs. Anna Sprenger.

J. J. Zimmermann

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Dill Pickles

Wash small cucumbers and pack in quart jars with dill in between. Put in 1 cup vinegar, 2 tbs. sugar, 1 tbs. salt, then fill up jar with cold water and seal. Keep in dark place.

Mrs. Hunt.

Cold Dill Pickles

Fill half gallon jar with medium sized cucumbers, add dill to suit taste. To each jar add 1 tbsp. salt, 1 cup vinegar, 1 clove of garlic, 1 red pepper, 3 black peppers. Fill jars with water and seal.

Mae Jones.

Red Pepper Hash

12 red peppers, 12 green peppers, 12 large onions, 2 tbs. salt, 2 cups brown sugar, 1 qt. vinegar.

Chop coarsely the peppers and onions, pour boiling water over the peppers and let stand 5 minutes, drain. Add onions, salt, sugar, vinegar and peppers. Cook 20 minutes after it boils. Seal.

Maude Hale.

Piccalilli

1 gallon chopped cabbage, 1 gallon chopped tomatoes, 1 qt. onions, 2 or 3 green peppers (small kind)

4 cups sugar. Vinegar to make lots of juice, about 3 quarts, 4 tbs. mustard, 2 tbs. ginger, 1 tbs. cloves, 1 tbs. mace, 1 tbs. cinnamon, 1 oz. celery seed. Chop tomatoes first, and sprinkle salt over them, let stand until you get the other ready, then drain and add to other, cook slowly till tender.

Mrs. Lester Pearne.

Tomato Sandwich

Select large firm tomatoes and slice in inch-thick slices. Mince finely equal parts of water cress, parsley and green onion, mix well with mayonnaise dressing and spread on tomato slices. Serve on lettuce leaf and garnish with parsley.

Simplicity Dressing

Into a cold bowl put 3 tbs. of olive or corn oil, add 2 tbs. lemon juice, 1 tbs. each of onion juice and finely minced parsley, and a dash of parika if liked. Beat well.

Shredded Carrots

Shred or grate carrots and serve with peanut dressing, French dressing, or banana dressing (ripe bananas beaten to a creamy consistency with a fork.)

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DAN E. STANTON, Mgr.

Ground Sandwich Fillings

Vegetable Sandwich—Grind green peppers, sweet pickles, celery and lettuce and moisten with salad dressing—especially tasty.

Dream Sandwiches—Grind equal parts of nuts and raisins. Mix them with sufficient mayonnaise to spread evenly.

Egg Sandwiches—Boil eggs hard. Put them through the grinder with a slice of onion, salt, pepper, a dash of mustard and a few lettuce leaves. Moisten to spread with mayonnaise.

Meat Sandwiches—Mince any kind of cold cook meats such as chicken, tongue, ham or left over steak or roast. Season highly with salt and pepper, a dash of onion. Moisten with mayonnaise and spread on thinly cut slices of buttered bread.

Sardine and Egg Sandwiches—Run them through the chopper with hard boiled eggs, using one egg for each five fish. Mix with mayonnaise to spread on buttered bread and season highly.

While butter may not seem necessary in sandwiches spread with salad dressing, butter adds a distinct food value which is always worth considering. Also it prevents the bread from absorbing too much moisture from the filling.

Mustard Relish & Sandwich Spread

Four qts. green tomatoes, 6 large green peppers, 6 large sweet red peppers, 6 onions. Put all through meat chopper. Add 1 cup salt, let stand overnight. In the morning drain, add 3 large stalks chopped celery. Make sauce as follows.

Mustard Sauce—4 oz. ground mustard, 3 cups sugar, 2 cups flour, 2 qts. vinegar, 1 tbs. tumeric. Mix sugar, flour and mustard, rub to smooth paste in a little water and add to boiling vinegar. Let it come to a boil again. Stir in salt and pepper to taste and lastly the tumeric mixed with a little water. Pour over the pickles. Seal in glass jars.

Mrs. Lester Pearne.

Cheese Filling for Sandwiches

One cup grated cheese, $\frac{1}{4}$ cup chopped pimientos, 2 tsp. salt, $1\frac{1}{2}$ tbs. gelatin, $\frac{1}{2}$ pint cream, dash of paprika.

Soak gelatin in 2 tbs. cold water and when soft, add 2 tbs. boiling water. Set over hot water and add other ingredients when melted. Whip cream and fold in. Put in mold.

Mrs. J. G. Thomas.

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CHEVROLET

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Spiced Black Cherries

Seven pounds of pitted cherries (Black Republicans), 3 lbs. sugar, 1 pt. vinegar, 1 tbls. cinnamon, 1 tbls. allspice, 1 tsp. mace. Tie spice in bags made of some thin goods and put cherries and sugar in preserving kettle and cook until syrup is thick. It will then keek, sealed or unsealed.

Mrs. H. J. Runnings.

Luncheon Pickle

Peel and leave whole 2 lbs. of small pickling onions. Slice 6 green peppers, peel and slice 2 doz. large cucumbers. Sprinkle with 1 cup salt and let stand 1 hour and drain well. Dressing—2 tsps. each of celery seed, ginger, flour, tumeric powder and mustard and 8 drops of cinnamon oil. Dissolve in cold water. Add 2 cups sugar, 1 quart vinegar. Bring to a boil and add the whole mixture and boil until the cucumbers turn color and until thoroughly heated through and seal hot. Should make 4 quarts.

Carrot-Celery-Walnut Salad

One cup finely chopped celery, 1 cup beets which have been put through food chopper,, using medium fine chopper, $\frac{1}{2}$ cup finely chopped or ground walnut meats;

mix well with mayonnaise dressing. This may be molded in a shallow cup in individual portions and then emptied on plate containing lettuce leaf, garnishing each portion with a whole walnut meat.

Carrot-Celery-Onion Salad

One-half cup finely chopped celery,, 1 cup carrots which have been put through the food chopper, 2 tbls. finely minced parsley and 1 tbls. chopped green onion. Mix with French dressing or mayonnaise.

Bride's Salad

One cup shredded cabbage, 1 cup pineapple, 4 marshmallows, almonds or walnuts, thick mayonnaise. Have all ingredients cold. Mix lightly with silver fork, lifting up mixture from side of pan only.

Mrs. Mabel Camp.

Tomato Meat Salad

Allow a tomato for each person. Scald, chill, remove the skins, hollow to form cups and fill with equal parts of minced, cooked meat, fish, or chopped, hard-cooked eggs and diced celery, apple or cucumber, mixed with mayonnaise. Serve on lettuce or cress with a garnish of extra mayonnaise.

Shanghai Cafe

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Toppenish

Washington

Cold Slaw

Finely shred enough crisp cabbage to make three cupfuls. Combine with French dressing or mayonnaise or cooked salad dressing. A little minced green pepper, diced pimiento or grated carrot may be added.

Peanut Butter Dressing

One tbs. of peanut butter, 4 tbs. cool water and one of lemon juice. Put the peanut butter in a bowl and add the water gradually, stirring all the time to prevent lumpiness and render the dressing smooth and creamy. A tbs. each of very finely minced parsley and onion improves this.

Tomato-Peanut Dressing

Two tbs. peanut butter, 3 tbs. tomato juice, 2 tbs. corn oil. Work the tomato juice into the peanut butter and then add the oil, beating until perfectly smooth.

Vegetable Loaf

One cupful each of carrots and tomatoes which have been put through food chopper, using fine cutter, 1 cup finely chopped celery, $\frac{1}{2}$ cup minced parsley, 2 tbs. oil and 1 of clove of garlic which has been very finely minced and

crushed. Add sufficient flaked pignolias or peanuts so that it will be stiff enough to mold, mixing all ingredients well together, then fill into an oblong loaf pan which has been moistened slightly with oil. Empty the loaf on a platter and garnish with parsley. Peanut butter dressing goes well with this. Many variations of flavor are possible with this dish, substituting sage or thyme, savory, etc., for the parsley. Pistachio nuts substituted for peanuts or pignolias give an entirely different flavor.

Cauliflower Salad

Two cups cauliflower chopped medium fine $\frac{1}{2}$ cup each of chopped bell pepper, chopped water-cress, and green onions to flavor. Mix with mayonnaise dressing.

Asparagus Salad

Equal parts asparagus and water cress tips. Place layer of each in salad bowl, then a layer of sliced tomatoes. Drip over it French dressing and serve.

Spinach-Water Cress Salad

One cup chopped spinach, 1 cup chopped water cress, $\frac{1}{2}$ cup minced parsley. Mix well with French or mayonnaise dressing.

C. C. Martel

YOUR DRUGGIST

The Rexall Store

Toppenish, Wash.

Spanish Relish

Two thinly sliced cucumbers, $\frac{1}{2}$ cup each of chopped bell pepper, tomatoes cut in small chips, and minced onion. A few minced nasturtium seed pods will add a peppery flavor if liked, or a tbs. grated horseradish if the nasturtium leaves are not available. These ingredients are all juicy, and very little dressing, if any, is required.

Cabbage Combination Salad

One cup chopped or shredded cabbage, $\frac{1}{2}$ cup each of grated carrot, grated beet and minced celery, 2 tbs. minced parsley and two of chopped green onion. Mix all ingredients well and blend with French dressing.

Onion Salad

One cup sliced onions, $\frac{1}{2}$ cup chopped water cress, $\frac{1}{2}$ cup chipped tomatoes. Mix with French dressing.

Tomato Mayonnaise

One and one-third cups mayonnaise, 1-3 cup tomato catsup, 1-3 tsp. Worcester sauce. Combine and use.

Carrot Salad

Grind carrots, then to 1 quart carrots add half a cup of ground walnuts. Then put cream or milk with mayonnaise and a little Wesson oil, just enough to mix, then serve.

Mrs. Thelma Braden.

Beet-Celery Salad

One cup chopped celery, 1 cup beets which have been put through food chopper, using fine cutter, $\frac{1}{2}$ cup water cress tips which have been broken in small pieces. Mix with French dressing.

Eggless Mayonnaise

Place a ripe banana in a bowl and mash with a fork until perfectly smooth and free from lumps. Now stir in oil, a small quantity at a time, beating constantly with a rotary motion. Add lemon juice to taste and more oil, stirring steadily until thickened.

Cucumber and Green Pepper Salad

To a pint of sliced, crisp cucumber add 2 tbs. of minced green pepper 1 tsp of minced chives and French dressing. Serve with lettuce.

To Obtain Best Results with Recipes in This Book

USE QUALITY MERCHANDISE

Truesdale's Store

White Swan

Washington

Lettuce-Water Cress Salad

Two cups chopped lettuce, 1 cup chopped water cress. Mix with French dressing.

Chili Beans

Three cups beans, 1 lb. hamburger, 4 large onions, 1 tbls. chili powder. Fry onions and hamburger until brown. Cook 2 small garlic in suet, strain and mix with beans, onions and hamburger. Put on back of stove and simmer 4 hours. Add salt and pepper and chili powder.

Mrs. J. G. Thomas.

Sweet Crab Apple Pickles

Pick over and wash 7 lbs. hard mellow crabapples. If apples are hard steam a few minutes. If soft and mellow, press 2 or 3 cloves into each apple. Dissolve $3\frac{1}{2}$ lbs. sugar in 3 cups vinegar and 1 cup water and add 3 ounces stick cinnamon. Bring to boiling point and cook until consistency of syrup. Add the crabapples, a few at a time, and cook until tender but whole. Remove the crabapples to jars as they become tender. When all are cooked, reduce the syrup and fill the jars to overflowing.

Mrs. J. G. Thomas.

Green Pea and Carrot Salad

Equal parts green peas and carrots which have been put through the food chopper. A few chopped mint leaves added give a pleasing flavor. Mix with mayonnaise dressing.

Carrot Tomato Salad

One cupful shredded carrots, $\frac{1}{2}$ cupful finely chopped tomato, using all the juice. Mix and drip over a teaspoonful of oil.

String Bean Salad

Two cups of string beans that have been cut in diamonds and cooked till tender, several small young onions sliced in wafer thickness and separated in rings, 1 pimiento shredded or chopped into small bits, $\frac{1}{2}$ cup cottage cheese, and $\frac{1}{2}$ cup French dressing. Mix the cottage cheese with the French dressing and blend all together. Serve in nests of shredded lettuce.

E. M. Condon & Co.

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Toppenish, Washington

White Swan Market

says

YOU MUST BUY GOOD MEATS"

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FISH, MEATS AND EGGS

Tenderloin Au Gratin

One large family tenderloin, 1 pint oysters, 1 tea cup cracker crumbs. Cook tenderloin until done. Roll oysters in cracker crumbs and fold them in the steak and cook slowly until oysters are done. Season with salt and pepper. Serve on a hot platter.

Mrs. A. F. Johnson.

Foamy Omelette

Yolk 4 eggs, beat until thick and lemon colored. Add 4 t. water, whites 4 eggs and a half t. salt. Beat until stiff and dry. Fold yolk mixture into whites. Pour mixture into heated greased pan and cook slowly until firm and

browned underneath. Fold and serve on heated platter.

Note — For variety, browned bread crumbs, grated cheese, chopped parsley or minced ham may be added.

Mary McNees.

Salmon Loaf

One can salmon (tall), cracker crumbs, 1 egg, 4 tbls. flour, 1 can milk, salt and pepper. Remove bones from salmon, mixed with finely rolled cracker crumbs, then well-beaten egg, add flour and milk, salt and pepper, mix well and bake in well greased baking dish about 25 minutes.

Mrs. Nellie J. Barttels.

Fish Loaf

One can salmon, 1 cup rich milk, 2 eggs, 18 crackers, $\frac{1}{4}$ cup flour, pinch of baking powder, 1 tsp. salt, 1 tsp. pepper. Pick bones out of fish, then add beaten eggs and milk, rolled cracker crumbs and flour. Stir well and put in buttered pan to bake. Bake about one-half hour in moderate oven.

This recipe can be used as fish balls, by frying in fat in skillet. Drop into fat from spoon. Not deep fat.

Mrs. Faulkner.

Noodles and Tuna Fish

Small can tuna fish, package egg noodles, cheese, grated or finely cut, white sauce, salt, pepper. Cook noodles, mix with other ingredients. Put in oven and bake until brown on top.

Mrs. Mildred Temperly.

Chili Con Carne

Three cups of beans parboiled, 1 lb. hamburger, 4 large onions. Fry onions and hamburger until brown. Cook two small pieces of garlic in kidney suet. Mix well with beans. Put on back of stove and simmer 4 hours. Add salt, pepper and chili powder to taste.

Mrs. Thomas.

Salmon Loaf

One cup flaked cooked salmon, 1 cup stale bread crumbs soaked in 1 cup scalded milk, 1 tsp. salt, 1 tbs. butter, $\frac{1}{2}$ tsp. onion juice, 2 egg yolks beaten, 1 tsp. lemon juice, 2 egg whites stiffly beaten. Combine ingredients in order given. Put in the stiffly beaten whites last. Drop mixture into a well-greased and crumbed pan and bake in hot oven.

Mrs. Mabel Hartley.

Baked Fish

Make a white sauce of 1 tbs. butter, 1 tbs. flour and 1 cup rich milk. Season with salt and paprika. Add 1 lb. can salmon, minced fine. Mix thoroughly. Put in large baking dish and place on top 3 eggs which have been beaten very stiff. Sprinkle with dry bread crumbs and bake 15 minutes. Serve immediately as it will fall if allowed to stand.

Dumplings

One cup flour, 1 egg, pinch salt, 1 tsp. baking powder. Cut with fork, adding water to make stiff dough. Drop from spoon into boiling broth. Steam 12 minutes.

Margaret Frederick.

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Lamb Stew

Cook 2 lbs. of breast of lamb in 3 cups water for an hour. Add 1 sliced lemon and 2 tbs. of rice and cook another hour. Add 1 cup diced potatoes 20 minutes before the two hours is up and before serving the dish pour in 1 cup tomatoes and reheat.

Mrs. J. A. McNees.

Baked Omelette

Melt 2 tbs. butter in a small pan, add 2 tbs. flour and stir until smooth. Add 1 cup sweet milk and cook until thick. Remove from fire and add 1 tsp. salt and let cool while beating 6 eggs—yolks and whites separately. Fold in eggs, first yolks, then whites, put in buttered pan and bake in moderate oven 15 minutes. When done spread top with butter.

Mrs. J. G. Thomas.

Kidney Bean Roll

Mash the contents of a can of kidney beans, cook 1 tbs. finely minced onion in 2 tbs. butter until brown and add to beans. Salt to taste. Stir in $\frac{1}{4}$ lb. grated cheese and sufficient soft bread crumbs to make mixture into roll.

Bake until light brown, basting occasionally with butter and water. Serve hot with tomato sauce.

Mrs. Leroy Spencer.

Spaghetti

One cup spaghetti, 1 cup hamburger, 1 onion fried in butter until soft, 1 qt. tomatoes, salt and pepper, a little cayenne. Mix $\frac{1}{2}$ tomatoes with onion and $\frac{1}{2}$ with spaghetti. Put all together and cook about an hour.

Mrs. H. D. Hale.

Dago Chicken

Prepare chicken as for frying, cook until well browned, but not done, remove from fat and place in kettle with tight cover, add salt and pepper to suit taste, add one-half teaspoon of red pepper and one can of tomatoes, cook slowly until chicken is tender. Excellent way of serving an old fowl.

Mae Jones.

Tuna Fish

Make cream sauce real thin and rich, adding chopped hard boiled eggs and pimientos. Put in tuna fish and cook a few minutes. Serve on buttered toast.

Mrs. H. D. Hale.

LIBERTY THEATRE

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Roast Tenderloin Beef

Lard the tenderloin with bits of bacon, season with salt and pepper, add 1 carrot cut in bits, slice of onion, bay leaf, 1 or 2 cloves and allspice. Cook brown on both sides. Baste often. Serve with mushroom sauce, $\frac{1}{4}$ can mushrooms. Add to brown gravy 1 tsp. lemon juice.

Melton Loaf

Take any cold veal, either roasted or boiled, chop it fine and season with salt and pepper. Add 2 or 3 tbs. of cracker crumbs and moisten with soup stock or hot water. Take 1-3 as much finely chopped ham or veal, season with mustard and cayenne pepper, add 1 tbs. cracker crumbs. Moisten with stock or water. Butter a mold, line it with slices of hard boiled eggs. Put in the two mixtures so when cut it will have a mottled appearance. Press in closely and steam $\frac{3}{4}$ of an hour. When cool remove from mold and slice

Tartare Sauce for Fish

One tsp. vinegar or lemon preferred, 1 bastingspoon olive oil, 1 tsp. soft butter, 1 tsp. finely chopped onions, yolks of 8 eggs, salt and pepper to taste. Add a

little chopped pickle. Boil the onion in vinegar a few minutes. throw in butter and yolks of eggs and beat till it cooks thick 1 minute. Take from fire and whip in the oil gradually, then the seasoning.

Spanish Stew

Two lbs. of beef from broad end of rib. Pinch red pepper and a tiny bit of green pepper, add salt, 1 tsp. vinegar, $\frac{1}{4}$ onion. Stew about 3 hours in plenty of water.

Mexican Chili Con Carne

1½ lbs. boiling beef (cut in small pieces), 1 onion, 7 chili peppers, (remove core and seeds) 3 cloves, 1 tsp. comimos seed, 1 tsp. oragano (pulverize by rubbing between hands.)

Boil meat and flavoring together 3 or 4 hours and salt to taste. Soak 1 pint Mexican chili beans over night in cold water. Boil beans until tender, then mix together with meat and flavoring.

Mrs. Leroy Spencer.

Spanish Beans

One cup red beans. Cover with water and $\frac{1}{2}$ tsp. soda. Boil 5 minutes, drain, add to beans the following: Three slices of bacon.

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diced before frying, 1 large onion fried in bacon grease, 1 cup tomatoes, a generous pinch of salt, 1 red pepper. Cover with boiling water and cook slowly for several hours.

Mrs. H. D. Hale.

Fried Chicken in Cream

Wash well and cut up spring fries. Salt and pepper, dredge with flour and place in roaster without water. Place in hot oven to sear for 15 minutes. Add 1 cup cream for each 1½ lbs. chicken and replace in oven to brown. Cook slowly, baste frequently.

Creamed Chicken

One tbls. butter, 1 tbls. flour, cream together, 1½ cups of cream or rich milk, ½ lemon and little onion, 1½ cups cracker crumbs. Bake.

Mrs. J. G. Thomas.

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BREADS

Johnny Cake

One cup sour cream, 1 tsp. soda, 1 tsp. salt, $\frac{1}{4}$ cup sugar, 2 eggs, 1 cup white flour, 1 tsp. baking powder, 1 cup yellow corn meal. Add sweet milk to make rather thin batter that will pour out smoothly about 1 inch thick before baking. Bake about 20 minutes or until well done and crust is brown and crispy. Serve with lots of butter and hot syrup. This is a very nourishing, wholesome bread.

Margaret McNees.

Honey Bran Brown Bread

One cup white or whole wheat flour, 1 tsp. soda, $\frac{1}{4}$ tsp. salt, 1 cup bran, $\frac{1}{2}$ cup honey, 1 cup sour milk, $\frac{1}{2}$ cup raisins, floured. Sift together the flour, soda and salt and add the other ingredients. Steam 3 hours or bake 40 minutes in a slow oven. If the amount of milk is increased by half, the bread is more delicate and has a higher food value. Chopped dates instead of raisins makes an agreeable change. With the increased amount of milk you may have excellent

gems, baked in a rather slow oven. The cold bread, especially with dates, sliced rather thin and spread with crystallized or candied honey, makes an excellent sandwich to substitute for cake in children's school lunches.

Mrs. J. D. Banes.

Steamed Brown Bread

One cup corn meal, 1 cup graham, 1 cup white flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup or more of raisins, $1\frac{1}{2}$ tsp. soda, 2 cups sour milk or $1\frac{1}{2}$ cups sweet milk and 3 tsp. baking powder. Steam $2\frac{1}{2}$ or 3 hours in kettle of water on top of stove. When done remove lids, place in oven 5 minutes.

Mary Hale.

Nut Bread

One cup milk, $\frac{1}{2}$ cup sugar, 1 egg, 1 tsp. salt, 3 tsp. baking powder, 3 cups flour after sifting, 1 cup chopped nuts. Let stand 20 minutes to raise, then bake 40 minutes in slow oven.

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Biscuits

To make biscuits successfully remember—mix and sift all dry ingredients as carefully as for cake, using level measurements in following proportions: One cup flour, 1 tsp. salt, 1tsp. sugar, 2tsp. double acting baking powder. Keep dough soft and have oven hot. A quantity of this mixture kept on hand in dry place is a real time saver, especially for breakfast, biscuits, hot cakes, etc.

Mrs. J. A. McNees.

Sour Cream Biscuit

Have dry ingredients in mixing bowl, hollow out center, use cream slightly sour for shortening and add sweet milk for rest of needed moistening. Put on floured board, pat 1 inch thick, cut desired size, touch with melted butter.

Mrs. J. A. McNees.

Oil Biscuits Easy to Make

Oil biscuits—Sift together 2 cups flour, sifted once before it is measured, 4 tsp. baking powder, 1 tsp. salt, 1 tsp. sugar. Beat together $\frac{1}{2}$ cup oil and $\frac{3}{4}$ cup sweet milk. Combine the wet and the dry ingredients, mix lightly with a spoon, turn on lightly floured bread board, pat or roll an inch thick, cut, ar-

range in the pan and bake 12 minutes in a hot oven.

Mrs. J. A. McNees.

Egg Biscuits

Sift 3 times 3 cups of flour sifted once before measuring, 6 level tsps. baking powder, 1 tsp salt, 1 tsp. sugar. Beat in another bowl 2 egg yolks, 1 scant cup sweet milk and $\frac{1}{4}$ cup oil. If the milk is sour, add to the wet ingredients $\frac{1}{4}$ tsp. soda and beat with other materials. Combine the wet and dry ingredients, mix thoroughly with a spoon, turn on floured board, roll or pat less than an inch thick, cut with large cutter, fold over, arrange so they do not touch in the pan and bake 12 minutes in hot oven. Excellent warmed over.

Mrs. J. A. McNees.

Southern Biscuits

Two cups flour, 4 tsps. baking powder, 1 tsp. sugar, 1 tsp. salt, 4 level tbs. shortening, sweet milk to make a soft dough. Sift the flour, sugar, salt and baking powder into a mixing bowl. Put the shortening in the center and work with the hands, gradually pouring in the milk, which will amount to about 1 cupful. When barely stiff

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enough to handle, turn the dough on a lightly floured board and knead lightly until the texture is smooth, but use as little flour as possible. Roll to $\frac{1}{2}$ inch thickness, fold over and roll lightly again. Cut in biscuit shape, arrange in pan, let rise in warm place 10 minutes and bake 12 minutes.

Mrs. J. A. McNees.

Brown Bread

Two eggs, $\frac{3}{4}$ cup brown sugar, 2 tbs. shortening, 2 cups sour milk, 1 tsp. salt, $\frac{1}{2}$ cup black molasses, 2 tsp. soda, dissolved in a little hot water, 1 cup bran, 2 cups graham, 1 cup white flour, 1 cup dates or raisins. Bake slowly 45 minutes.

Mrs. A. Morefield.

Orange Bread

Peel thin yellow rind of two oranges being careful to get as little of the white inside as possible. Grind this and add $\frac{1}{2}$ cup sugar and a little water (about two-thirds of a cup). Boil until tender, about 15 minutes, drain off the juice and have two-thirds of a cup. If not enough juice add milk to make the two-thirds cup. Beat

together $\frac{1}{2}$ cup sugar, 1 egg and a pinch of salt. Then add cooked rind and juice. Add 2 cups of flour and 2 tps. baking powder. Put in a cook oven and gradually bring up the heat. Bake about 1 hour.

Mrs. H. J. Runnings.

Gluten Muffins

Two cups gluten flour, 3 tps. baking powder, 1 egg, 1 tbs. butter, 2 cups milk. Sift together flour and baking powder, add beaten egg and melted butter to milk and add flour. Mix well and bake in greased muffin tins in moderate oven for 35 minutes.

Boston Brown Bread

One cup yellow corn meal, 1 cup rye meal, 1 cup graham flour, $\frac{3}{4}$ cup molasses, 1 pint sour milk, 1 tsp. salt, 1 tsp. soda dissolved in 1 tsp cold water. Add the soda and water to the molasses and mix well. Then the sour milk and dry ingredients. Steam in a well greased mold for 3 hours without removing the cover.

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Butterscotch Rolls

Sift 2 cups flour with 4 teaspoons baking powder, two-thirds tsp. salt, 4 tbs. shortening. Mix with a fork two-thirds cup of milk, knead lightly, roll one-fourth inch thick. Spread well with creamed butter and brown sugar. Roll as you do jelly roll. Cut one-inch pieces. Bake in jem pans about 15 minutes.

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CANDIES

Health Candy

One-half cup seeded raisins, $\frac{1}{2}$ cup pitted dates, $\frac{1}{2}$ cup figs, 8 pitted prunes. Put through food chopper. Add $\frac{1}{2}$ cup nut meats. Roll in powdered sugar. Cut in cubes.

Mrs. Kent.

Divinity

$2\frac{1}{2}$ cups sugar, $\frac{1}{8}$ cup cream, one-third cup water, $\frac{1}{2}$ cup corn syrup, whites of 2 eggs.

Put sugar, corn syrup, milk and water in sauce pan, place over fire and stir. Boil until it forms a hard boil when dropped into cold water. Beat egg whites very stiff. Pour the syrup slowly over the beaten whites. Add nuts if desired.

Caramel Cream Candy

Two cups sugar, 1 cup of cream or condensed milk, 1 cup of nuts, $\frac{1}{2}$ cup water, vanilla. Take $\frac{1}{2}$ of the amount of sugar and whole amount of water and brown in saucepan to light brown. Add cream of tartar, rest of sugar and cream. Cook until it forms a soft ball in water. If condensed milk is used,

add 1 tablespoon of butter after removing from stove. Add flavoring and nuts. Beat until creamy. Pour on buttered dish.

Thelma Sprenger.

Honey Fudge

Two cups granulated sugar, 1 square chocolate, $\frac{1}{4}$ cup cream, $\frac{1}{4}$ cup honey, $\frac{3}{4}$ cup milk, butter the size of a walnut, 1 tsp. vanilla, 1 cup nuts. Boil sugar, milk and chocolate for 5 minutes. Add honey and butter and boil until it forms a soft ball when dropped into cold water. Let cool, then beat until ready to harden and add vanilla and nuts. Pour on buttered pan and when hard cut in squares.

Margaret Lawson

Pineapple Bavarian Cream

One pint whipping cream, 1 can pineapple (grated), 1 box gelatin, $\frac{1}{2}$ pound walnut meats, sugar to taste. Whip cream first. Have nuts ready. Dissolve gelatin in a little cold water, add 1 pint boiling water. Stir until all is dissolved. When cool, put in nuts, pineapple and sugar to taste, last fold in the

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whipped cream. This can be made a little fancy by dividing in three parts. Leave one part while, add a little chocolate to one part and a pink coloring to the other part. This makes it look like brick ice cream. Stir well until it begins to harden or nuts and pineapple all settle to bottom.

Mrs. Mabel Camp.

Chocolate Fudge

Three tbs. butter, 2 cups sugar, 2 squares chocolate, 1 cup milk, ½ cup nuts. Melt slowly the butter and chocolate, then slowly add sugar. Stir until the mixture is an even brown. Slowly add milk, then boil until it forms ball in cold water. Cool, beat until hard, then knead. Make into long cylinder, then roll in nuts. Slice.

Mrs. Norman Faulkner.

Sugared Nuts

1½ cups sugar, 1 cup water. Let come to slow boil. When (syrupy) or at soft ball stage, add small lump of butter and few drops of vanilla.

Pour in one cup blanched almonds (or other nut meats), stir rapidly, turn out into plate and let cool. Break into desired pieces.

April Kent.

Fudge

Two cups sugar, ½ cup milk, ½ cup Karo syrup, 2 tbs. cocoa, 1 tbs. butter, pinch of salt. Flavor with nuts if you care for them. Beat with wooden spoon.

Mrs. Mabel Camp.

Date Roll Candy

One cup walnuts, broken, 3 cups sugar, 1 tsp. vanilla, 1 package of dates, cut fine, 1 cup sweet milk, large piece of butter. Put all but flavoring and nuts together and bake until it forms a soft ball in cold water (stir constantly). Remove. Add flavoring and nuts, beat until nearly cold, put candy into wet dish towel, roll, slice when firm and cold.

Mrs. Nellie J. Barttels.

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VEGETABLES

Spanish Rice

One cup rice, cook until tender and dry, add 1 qt. tomatoes which have been put through colander. Season with salt, pepper and butter ($\frac{1}{8}$ lb.) to taste. Sprinkle with bread crumbs. Bake light brown.

Mrs. J. A. McNees.

Succotash

This is made of green corn and lima beans. Cut the corn from cob and shell the beans. Put the latter in cold water and allow them to boil 1 hour, then add corn and a little salt. Boil $\frac{1}{2}$ hour longer. When tender, pour off water, add 1 cup milk or cream, stew in this 15 minutes, stirring to prevent burning. Then season with butter and pepper.

Potato Dumplings

One dozen large potatoes, 1 tsp. butter, 3 eggs, 6 tsp. flour, 2 tsps. baking powder, salt and nutmeg. Grate potatoes which have been boiled and skinned the day before. Mix with flour and baking powder,

add butter (melted) and eggs, one at a time, salt and nutmeg to taste. Form into balls about the size of a small apple, put in well salted boiling water and boil 15 minutes. Nice with hot roast or sauerkraut.

Potato Puff

Two cups mashed potatoes, warm or cold. Stir in 2 tbs. melted butter. Beat this to a white cream. Add 2 eggs well beaten and 1 cup cream or milk, salt to taste. Beat all together and bake 25 or 30 minutes in quick oven in baking dish.

Norma Moses.

Creamed Carrots

Dice or slice carrots, cook until tender, drain off water, season with butter; salt and pepper. Mix flour and water as for thickening gravy and add milk and thickening to carrots.

Mrs. Mabel Camp.

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INVALID COOKERY

The selection, preparation and serving of food for invalids is of the greatest importance.

The food should be suited to the digestive powers of the patient, should be perfectly cooked and served attractively in small quantities. In serious illness consult the physician in attendance, and follow his directions exactly. Death may result from giving forbidden articles of food.

All food is changed into liquid during the process of digestion, before it can be absorbed into the blood. Liquid food carefully selected can therefore be digested with the smallest amount of exertion to the body.

Diets are classed as liquid, semi-solid or soft diet, solid or full diet. Liquids—Stimulants are boiled beef tea, broths, coffee, tea.

Nutrients—Milk, frozen cream, barley water, rice water, oatmeal water, toast water, albumenized milk, albumenized fruit waters, egg nogs, chocolate, cocoa, bottled beef tea.

Refreshing beverages are lemonade, orangeade, grape juice and water, currant, tamarind and apple water.

The fruit waters are cooling, refreshing and mildly stimulating, and are given to fever patients.

Fruits are valuable for the salts and acids they contain.

Pineapple Juice

Peel a ripe pineapple, cut into small pieces and put through fruit press or potato ricer to extract all juices. Strain and serve with cracked ice.

Malted Milk

One egg, beaten stiff, add 2 tbs. Horlick's malted milk, 1 tsp. sugar, few drops vanilla, 1 cup milk, hot or cold as desired.

Mrs. Frank Tuttle.

Coddled Eggs

One egg, 1-3 cup milk, 1 tsp. butter, salt, pepper. Scald milk and add egg slightly beaten. Cook

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over hot water, stirring constantly until of a soft creamy consistency, then add seasoning. Serve on buttered toast.

Bertha Lemley.

Hot Egg Nog

One egg, beaten very stiff, beat in 1 cup milk which has been brought to boiling point. Add few drops vanilla and teaspoon sugar. Nutmeg or cinnamon may be substituted for vanilla.

Mrs. Frank Tuttle.

Hot Spiced Milk

One half cup milk, raisins (if allowed), spice as desired, 1 tsp. sugar. Scald the milk in a double boiler, add small amount of nutmeg, cinnamon or cloves and sugar. Strain carefully before serving.

Bertha Lemley.

Beef Tea

One lb. very lean beefsteak (round steak) cut into small pieces and remove all fat and bone, place in quart jar, cover with cold water. After allowing to stand 1 hour, place jar in bucket with small board or cloth in bottom. Fill with cold

water to within 2 inches of top of and place on stove. Boil for 4 hours, strain through cloth. May be reheated and seasoned to taste when served. Beef tea is especially suitable for patients with fever.

Mrs. Frank Tuttle.

Soft Cooked Eggs

Pour boiling water over eggs, using 1 cup of water to each egg. Draw to cool part of range and let stand from 8 to 10 minutes.

Bertha Lemley.

Poached Eggs

Fill a buttered frying pan with boiling water to a depth of 1½ inches. Break an egg carefully into saucer and slide into water. Do not let the water boil after the egg is placed in it. Cook until white of egg is jelly-like and film forms over yolk.

Bertha Lemley.

Orange Gelatin

1½ tbs. gelatin, ½ cup cold water, 1¼ cups boiling water, 1 cup orange juice, 2 tbs. lemon juice, 1-3 cup sugar. Swell gelatin with ½ cup cold water, add sugar.

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fruit juices and hot water. Put into wet molds and chill. Unmold and serve.

Bertha Lemley.

Baked Custard

One cup milk, 2 eggs, 2 tbs. sugar, salt, 10 drops vanilla. Beat the egg with the sugar and salt. Add the cold milk and flavoring. Pour into mold, set in pan of hot water and bake until done.

Bertha Lemley.

The diet of nursing mothers should be chosen largely from foods rich in iron, namely, eggs, whole wheat bread, milk, beefsteak, spinach, oatmeal, raisins, lettuce, peas and beans.

"Feed a Cold and Starve a Fever"

They say, now, that we have been misinterpreting this wise old saying for centuries. Like wise King Solomon's saying, "Spare the rod and spoil the child," it was meant as an admonition or warning and not as a rule to follow. A bold present-day claim that "you cannot have a cold if you keep your body clean, inside and out," is worth pondering.

Then it may follow that instead of concocting soft, easily swallowed dainty dishes to tempt the palate of the invalid, it might be well to give nature a little help at house-cleaning, by supplying instead fresh and natural fruit juices, and plenty of good pure water to drink.

Barley Water

Two tbs. peal barley, 2 qts. cold water. Wash barley, soak several hours in cold water and boil gently in same water 2 hours, or put in double boiler and cook for 4 hours or until reduced one-half. Lemon juice and sugar or salt to taste may be added if desired.

Mrs. Hunt.

Lemonade

Put into 8-oz. glass 3 tbs. of strained lemon juice and 1 tsp. honey. Fill the glass with cold water, stir well and serve.

Mint Cocktail

Extract the juice of five oranges, two lemons and 1 grapefruit. Strain through sieve and put in large pitcher, adding $\frac{3}{4}$ cup of honey, a small handful of crushed mint leaves and half a banana, sliced. Fill the pitcher with cold water.

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White Swan, Wash.

Orange Albumin

White of one egg, juice of one orange, sugar. To the unbeaten white add the orange juice; sweeten to taste and blend thoroughly. Strain and set on ice to cool. Serve cold.

Serbian Vegetable Goulash

Stew in a very little water or in olive or in a vegetable fat coarsely sliced white or red cabbage and some sliced onions with some sliced sweet peppers, when in season, and finish stewing with some sliced tomatoes; a little salt and pepper if desired.

Red or white cabbage with onions baked or broiled in a little fat and tomato sauce as a gravy is an appetizing dish. The same can be done with cauliflower, carrots, brussels sprouts, beets with leaves, etc.

The idea is to bake as dry as possible and to afford occasionally an enjoyable substitute for the chops, roasts, etc., which you have discontinued.

Orangeade

Fill a drinking glass $\frac{1}{4}$ full of orange juice, add a tsp. honey, fill up glass with cold water, stir well and serve.

Tomato Tonic Drink

One-half glass strained tomato juice. Fill up glass with cold water, stir well and serve. A few crushed mint leaves, or a tsp. of lemon juice or honey added to this may improve it for some.

Egg Nog

Beat white of egg very stiff with egg beater, also beat yolk, add to yolk 1 cup rich milk, a little nutmeg or vanilla as desired, and mix with well beaten white and serve cold.

Vegetable Bouillon

Clean very carefully 1 bunch of carrots and tops, 1 bunch of beets and tops, 1 bunch of turnips and tops, 1 bunch of young green onions and tops, some spinach and some cabbage. Slice thin, cover well with cold water, cover and cook, gently simmering for about $1\frac{1}{2}$ hours. Strain and serve hot or cold, as preferred, several times daily. Palatable and very nourishing.

Chocolate

Cut into small pieces 1 oz. unsweetened chocolate, 1 tbs. sugar and 2 tbs. hot water. Boil all

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together until smooth, add gradually 2 cups scalded milk, cook in double boiler 5 minutes. Served with whipped cream.

Flaxseed Laxative Drink

Put 1 pound of whole flaxseed into a 2-quart jar and fill with cold water. Shake contents thoroughly several times and leave stand over night. Strain the seeds from the water, which is then ready to drink. Put fresh water on the seeds, shake a few times and let stand until the following morning, the water that is strained from this being your drink throughout the day. Again cover the seeds with water and the third morning drink the water. The flaxseed may be eaten without mastication.

Spanish Cream

Two cups scalded milk, 4 egg yolks, $\frac{1}{4}$ cup sugar, 2 tbs. granulated gelatine, $\frac{1}{4}$ cup cold water, 1 tsp. vanilla, 1 pint cream. Pour scalded milk very slowly over egg yolks and sugar which have been mixed together. Cook slowly in double boiler until thick and smooth. Pour over gelatin which

has been soaking in $\frac{1}{4}$ cup of water, chill and add vanilla and beat with egg whip until thick. Add the cream which has been whipped and chill in molds.

Melba Toast

Slice whole wheat bread that is old enough to have lost the pasty quality when rolled between thumb and finger. Place in slow, not hot, oven and toast until dried thoroughly and slightly changed in color all the way through. The starch is changed to dextrin and the toast, thoroughly masticated, is palatable, easily digested and supplies needed bulk.

Beef Tea

One pound of lean beef, 1 cup cold water. Cut beef up into small pieces or put through meat chopper. Put in fruit jar, add water and allow to stand 15 or 20 minutes to draw out the juice. Place on trivet or rack in pan of cold water, heat very slowly for about 2 hours. The water must not boil. Season, strain, cool and remove fat. Beef tea may be served hot or cold.

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Washington

Albumenized Orange or Lemon

One egg white, juice of 1 orange or lemon, sugar to taste. Add juice of fruit sweetened to taste to egg white and beat well. Chill on ice and serve cold.

Cocoa

Two tsps. cocoa, 1 tsp. sugar, 1 tbs. cold water and 3-4 cup milk to each cup. Mix cocoa, sugar and cold water, cook over slow fire until thick, add milk and boil one minute.

"Simplicity in eating is an ideal for which we strive. The nearer you can get at one class of food at a meal, the better. Don't mix fruits and vegetables at one meal, as this is likely to produce fermentation.

"Eat only when absolutely hungry. Always work for several hours before partaking of food. The secret of health is not only in moderation, but occasional abstinence. As soon as we are inclined to use stimulants or condiments to relish our food, it is high time to give our digestive organs a rest.

"When the cause of disease is

taken out of the realm of mysticism and placed on the solid rock of cause and effect, in keeping with man's daily experience with nature, then truth begins to supplant fallacy."—Dr. J. H. Tilden of Denver.

"Nature's food brings nature's mood;

Soul, mind, blood, are cleansed,
made good."

"Your outlook on life, disposition and moods

Are brighter and happier when you eat natural foods."

In addition to these recipes given, soups, broths, jellies, ices and plain drop cakes are suitable for invalids and convalescents.

Mrs. Fred A. Hunt.

Scraped Beef

Scrape beef with sharp knife from lean beef cut from round steak until nothing but connective tissue is left. Form into small balls, broil slowly for about 2 minutes. Season and serve. For sandwiches do not cook but spread between thin slices of bread and season.

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Boiled Custard

Two cups scalded milk, two egg yolks, one-fourth cup sugar, one-eighth teaspoon salt. Beat egg slightly, add sugar and salt, stir constantly while gradually adding hot milk. Cook in double boiler until mixture thickens. Chill and flavor.

Clam Broth

$\frac{1}{2}$ cup clam broth, 1 cup water or milk, pepper, $\frac{1}{4}$ teaspoon butter. Blend the clam broth and water (or milk) and heat to the boiling point. Season with salt to taste, and if allowed, a little pepper and the butter. Serve hot in dainty cups.

Arrowroot Pudding

Three teaspoons arrowroot, one teaspoon cane sugar, four ounces milk, four ounces water, mix and boil fifteen minutes.

Nut Bread

2 c. cake flour

$\frac{1}{3}$ c. sugar

3 t. b. p.

$\frac{1}{2}$ t. salt

$\frac{1}{2}$ c. nut meats

1 c. milk

2 T. shortening

1 egg

Sift dry ingredients.

add egg, milk & melted shortening. Add coarse nut meats. Bake in

deep, well greased pan at 375° for 40 to 45 min.

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